**Autumn 2020: Time in the Psalms: Week 2: Psalm 16**

This autumn we are spending time looking at the Book of Psalms. Within the Psalms we find so much of life, faith, love, hope, fear, joy, anger and plenty more. Most of all, we find the key elements of worship & praise of God and trust in Him. Each week we will look at a different aspect of faith and Christian life through the lens of one or more Psalm.

**A Session Outline - 40 mins total, but can be longer or flexible if you wish**

**Introduction - 10 mins (longer if you’re in a group I suspect!)**

1. How are you?
2. What notable things have happened recently?
3. Is there anything distracting you from focusing on God today? If yes, think or talk about that and then pray and give it to God as you begin.

**Time With the Bible - 15-20 mins**

*What does this passage tell me abbot God?* To answer this question, you might want to think about whether the passage speaks about God directly or indirectly. Is there a prophecy quoted, or does the passage remind you of another part of scripture? If so, spend some time following the leads. How does the passage remind you of what you’ve known about God before? Does it make you think differently about God than you have done before?

*What does this passage tell me about myself?* To answer this question you might want to ask how you felt as you read the passage and how you feel as you reflect on it now. Do you identify with a particular character? Does it make you feel happy or sad, hopeful, excited, confused or any other emotions?

If you feel challenged, or as if something in the passage is really speaking to your or feels personal to you today, spend a few minutes thinking: what is it? What about it feels important to you?

*What is this passage inviting me to do differently?*

As Christians we are meant to live according to the truth that is in Jesus and to not be the same as before we knew him (Ephesians 4:20-24). As we learn the good news of Jesus and the truth about his love we are bound to change.

Spend time thinking about things in your life you might want to be or to do differently as a result of today’s study and pray about those things.

For each session, we will also provide a few questions to pick out the key elements of the passage and try and help you to be guided through the study.

**Time in Prayer - 10 mins**

Each time you meet or spend time reflecting alone, make sure you leave plenty of time to pray. You could pray about:

The Church and its leaders, both ours, Churches nearby and the worldwide Church

Situations locally or in the world around us

Things shared by people during your time together

Those who are afraid, sick or those who are bereaved

Committing to God that you will follow through on what you’ve been invited to do by today’s study.

Your neighbours and the street you live in.

Those who govern us locally, nationally and internationally.

**Study Questions**

1. How did reading Psalm 16 make you feel?
2. What was the last thing to truly give you joy?
3. What do you think helps us not to yield to weakness, as we’re warned not to in v4?
4. What do you think is the inheritance that the Lord offers to the psalmist, and to us?
5. In v7 the psalmist tells us that the way God counsels and corrects makes Him all the more praise-worthy and the psalmist more joyful. Do you react well to advice or correction? I’m reminded of 2 Timothy 3:16-17 (The Passion Translation) ‘**16**Every Scripture has been written by the Holy Spirit, the breath of God. It will empower you by its instruction and correction, giving you the strength to take the right direction and lead you deeper into the path of godliness. **17**Then you will be God’s servant, fully mature and perfectly prepared to fulfill any assignment God gives you.’ It seems that correction should be expected as part of our Christian lives, that correction leads to maturity and preparedness for the things God would invite and lead us to do. How do you react to this thought?
6. At the end of the Psalm, the peace of safety for the body in v9 leads to the psalmist looking forward with hope to being in the presence of God forever in vv10-11. What gives you strength for today and bright hope for tomorrow?

**Something To Do This Week**

Ask God to show you at least one thing every day that brings you joy and share any joyful things or experiences you have with those around you or with your group next time you meet. Make a list of everything that makes you thankful.